Responding to Bullying as a Bystander

Step 1

Recognize the bullying.

Step 2

Ask yourself if it is safe:

- Is the person doing the bullying older or bigger than I am?
- Is there more than one person doing the bullying?
- Do I have any friends nearby who can help me?
- How far away is an adult?

Step 3

YES, it is safe.

Refuse the bullying by speaking out.

Say "Stop!" and label it.

Encourage others to speak out.

Then report later.

NO, it is not safe.

Report the bullying right away.

Go with the person being bullied to report.

Report immediately to an adult if:

- You or someone else is in danger.
- Someone is touching or showing private body parts.
- Refusing doesn't work.

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